

## Abstract of the Disclosure

A flat sealing ring (1) for producing a fluid-tight coupling of two surfaces which are to be sealed against one another by means of a contact force, the ring (1) having an elastically deformable base ring (2), wherein a stiffening ring (3, 3', 3'') is provided at at least one of the inner circumferential edge of the base ring (2) or the outer circumferential edge of the base ring (2), wherein the stiffening ring, at least perpendicularly to the ring plane, has a lesser deformability, or greater firmness, than the base ring (2), and wherein the height of the stiffening ring perpendicularly to the ring plane is less than the greatest height of the base ring (2) perpendicularly to the ring plane.